

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

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1. (original) A neck exercising apparatus providing a mechanical load to a user's neck and/or back, comprising:  
a cap-like device adaptable to cover portions of a user's hair and scalp;
- 5 the cap-like device having an outer surface including a plurality of attachment members; and  
at least one weight having a surface including a plurality of attachment members compatible with the outer surface attachment members,  
whereby confronting attachment members on the at least one
- 10 weight and the cap-like device serve to releasably fasten the at least one weight to the cap-like device to apply a mechanical load to the user's neck and/or back area.
2. (original) The apparatus according to Claim 1, wherein the attachment members include a plurality of hook and pile-like members.
3. (original) The apparatus according to Claim 2, wherein the attachment members comprise VELCRO hook and pile-like members.
4. (original) The apparatus according to Claim 1, wherein a plurality of separate weights, each having a surface including a plurality of attachment members, are releasably fastened to selected portions of the outer surface of the cap-like device.

5. (original) The apparatus according to Claim 1, further including a weight belt supported on the cap-like device, with the weight belt including a plurality of pockets capable of supporting additional weights about the circumference of the user's head.

6. (original) The apparatus according to Claim 5, wherein the weight belt further includes a surface having a plurality of attachment members confronting the outer surface of the cap-like device for releasably fastening the weight belt to the cap-like device.

7. (original) The apparatus according to Claim 5, wherein additional weights are disposed in the plurality of pockets, allowing a user to easily alter the mechanical load applied by the cap-like device to the user's neck and/or back.

8-10. (cancelled)

11. (original) A neck exercising apparatus providing a mechanical load to a user's neck and/or back, comprising:

a cap-like device adaptable to cover portions of a user's hair and scalp;

5 the cap-like device having an outer surface including a plurality of hook and pile-like attachment members;

at least one weight having a surface including a plurality of plurality of hook and pile-like attachment members compatible with the outer surface attachment members, allowing the at least one weight to be releasably  
10 attached to the cap-like device; and

a weight belt and at least one additional weight supported on the cap-like device, with the weight belt including a plurality of pockets containing the at least one additional weight.

12. (original) The apparatus according to Claim 11, wherein the weight belt further includes a surface having a plurality of hook and pile-like attachment members confronting the outer surface of the cap-like device for releasably fastening the weight belt to the cap-like device.

13. (original) The apparatus according to Claim 9, wherein additional weights are disposed in the plurality of pockets extending about the circumference of the cap-like device, allowing a user to easily alter the mechanical load applied to the user's neck and/or back by the weight belt and cap-like device.

14-17. (cancelled)

18. (original) A method of exercising a user's neck and/or back, comprising the steps of:

positioning a cap-like device having attachment members on its outer surface so as to cover at least portion of the user's hair and/or scalp; and

5 placing a number of separate weights having attachment members into contact with various areas on the cap-like device to fasten the weights to the device, so that the weights provided a mechanical load to exercise the user's neck and/or back.

19. (original) The method according to Claim 18, including the step of mounting a weight belt on the cap-like device and inserting at least one weight into a pocket formed in the belt to alter the mechanical load applied to the user's neck and/or back.

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20-21. (cancelled)

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